



# AWC Active Aging

VOLUME XII, ISSUE III

MAY/JUNE 2019

## Summer Fun at the AWC!

It's a busy start of summer! We would like to invite you to our **May Day Party at 10AM on May 1st**. Please join us as we thank Margaret Whiting for her generous donation to the center and her devotion as a AWC Library volunteer with a dedication of the new pavilion. Enjoy live music, snacks, and refreshments during our May Day Party thanks to our event sponsor **Humana**.

We also would like to thank all of you that supported the AWC by attending our 5th Annual Wellness Fair. This year we had 80 vendors and were able to **raise over \$16,000 for the center!** We want to thank all the local businesses that supported this event (see p.4 for all Fair Sponsors) especially **Magnolia Place, Alzheimer's Special Care Center** our presenting sponsor this year. We would also like to thank **Springwoods Behavioral Health** for sponsoring our vendor snacks, **Vold Vision** and **First Light Home Care** for sponsoring the snacks for the attendees of the Fair.

Please remember to mark your calendars for our **Annual AWC Member Appreciation Picnic on June 6th**. We would love to have you come and enjoy the start of summer with us. **Simmons Bank** is sponsoring the event again this year and will be cooking all the hotdogs for us. **Primrose Retirement Community** will provide the beans, salad, and watermelon for the



With limited exceptions, physicians are not employees or agents of this hospital. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. 163065 11/16

event. We hope you plan to enjoy the afternoon with us. Another summer event coming up is our **AWC Rummage Sale**. The sale will run **Wed., May 15th-Sat., May 18th** this year. Please bring your donated items for the sale to the center by May 13th. And last month, we celebrated all of our wonderful volunteers! We had 141 volunteers that contributed

### *Inpatient Services for Seniors*

If an older adult in your life is struggling with behavioral health issues, Springwoods can help with specialized treatment.

Conditions we treat include:

- Anxiety/agitation
- Confusion/disorientation
- Depression
- Paranoia
- Other issues related to Alzheimer's or dementia

For a free assessment 24/7,  
**call 479-973-6000 or  
888-521-6014.**

**SPRINGWOODS**  
BEHAVIORAL HEALTH  
Proud Sponsor of the Adult Wellness Center

over 11,000 hours to the AWC in 2018! **Thank you everyone for all your support for the Center!**



*Lesli Ossenfort, Director*

## Qi Gong & Tai Chi Workshop

In June, the AWC is pleased to offer a one-time workshop exploring the martial arts of Qigong and Tai Chi. We are honored to have guest instructor, Zhong Xuechao/ Master Bing, who is a Taoist monk from the Wudang temples in the mountains of the Hubei province in China to lead this workshop. This is his first visit to Arkansas and he will be giving workshops at Crystal Bridges and at our very own Adult Wellness Center. Tai Chi and Qigong (pronounced CHEE-gung) involve slow

deliberate movements and breathing exercises. They are both ancient Chinese practices used to improve balance and circulation, and restore energy. The movements are low-impact and are excellent for beginners; however, all fitness levels can benefit from these practices to achieve better balance and muscle control. Since most people tend to lose these skills with age, taking up these types of exercise later in life can be very beneficial. In fact, some research has indicated that the regular practice of Tai Chi can reduce the risk

of falls by as much as 40%. Master Bing will be demonstrating the Five Animals of Qigong, one of the oldest and most popular forms of Qigong dating back centuries. The **Qigong & Tai Chi Workshop** will be held in Game Room A on **Tuesday, June 25<sup>th</sup> from 9:00AM-11:00AM**. All members can benefit from this workshop, no matter their current fitness level. For those using walkers or wheelchairs, modifications to the movements can be made by using a chair. The cost of the workshop is \$10. Please register by June 21<sup>st</sup>.

## Chicken Soup for the Soul

The AWC is proud to host author, Barbara Brockway, on **Tuesday, May 28<sup>th</sup> at 11:00AM**. Brockway's essay, **Money Well Spent**, appears in the new **Chicken Soup for the Soul** book titled "Mom Knows Best." Barbara wrote the essay about her mom, Agnes Franks, an AWC member. Join us for a short reading and a chance to meet the author. Copies of the

book will be available for purchase for \$10. Barbara's work has been published in various literary magazines and she has been honored to win several awards for both fiction and essays. She lives in Atlanta with her family and visits her mom in Rogers regularly; you may have seen her in a yoga or water aerobics class here at the AWC!

Please join us to meet Barbara and celebrate these stories about Moms.



## Simple Cooking for You

What's for dinner tonight? If the answer is yet another frozen meal, a can of soup, or bowl of cereal, maybe it's time to consider a change. Dust off (or develop) your cooking skills with the help of Brenda Depew. Brenda is the Cook for Adult Day NWA and has developed some simple and delicious recipes that you can easily prepare for yourself at home. Cooking for yourself is usually more healthy and less expensive than buying convenience foods

or meals out. And it feels good to create something yourself! Join Brenda **Friday, May 31<sup>st</sup> at 1:00PM for Main Dish Delights** and on **Friday, June 28<sup>th</sup> at 1:00PM for Fun Salads**. During class Brenda will prepare recipes and answer cooking questions. Students will be able to sample dishes and have a copy of each recipe to take home and try themselves. Classes are \$5 each and students must pre-register. Reserve your spot today!

**Annual  
AWC  
Member  
Appreciation  
Picnic**

**June 6th**

**Silver&Fit**

You may be eligible to have your AWC membership paid for by Silver Sneakers or Silver & Fit if you are **Medicare Eligible** and have a qualifying insurance supplement!

These programs are beneficial for the AWC!

Please check at the front desk if you think you might qualify!

HEALTHWAYS  
**SilverSneakers**  
FITNESS



# Vocal Workshop with Kristi Peterson

Did you know that singing is good for you? It strengthens your immune system and lungs, stimulates your brain, decreases levels of the stress hormone cortisol, and on top of all that, it is food for your soul. Did you also know that 85% of people have been told at one time or another that they can't sing? But, in fact everyone was given a unique voice, and humans were born to sing. Have you dreamed of

standing before a group singing your heart out but were afraid to try? Or have you sung in the past, but have just fallen out of practice. Whether you are a serious singer or a shower singer only, the AWC is offering a workshop where you can embark on discovering and strengthening your natural voice. Explore what singing can do for you with Instructor, Kristi Petersen. Kristi is an accomplished professional

vocalist and pianist and has taught voice workshops privately for years. She is a long-time member of the AWC and we are so happy to have her with us in a teaching capacity. The **Vocal Workshop** will be offered **Mondays in June from 10:00AM-11:30AM**. This group class is \$45 and space is limited. Whether you are a beginner or want to learn more, register today!

## May Day Garden Party

Wednesday, May 1st  
10:00 AM  
AWC Wellness Garden

### Pavilion Dedication

Refreshments and snacks  
Sponsored by

**HUMANA.**  
Guidance when you need it most

## Being Safe Out on the Road

Although there are lots of jokes floating around about older drivers, a person's ability to drive should not be measured solely on their age. After all, older drivers have a wealth of experience from being on the road for years. However, it's always worth considering whether we are being as safe as possible and do everything possible to be the best drivers we can out on the road. Especially in Northwest Arkansas traffic, which is becoming busier

every single day! One part of being safe is making sure your car "fits" you properly for maximum comfort and safety. On **Wednesday, May 22nd from 9:00AM to 1:00PM**, the AWC will bring back **CarFit**, a safety inspection program for seniors. Members can reserve their own appointment for this safety check. During this 20 minute appointment, technicians will be checking for proper alignment of seats, steering wheels, and mirrors as well as making other needed

adjustments to make sure your vehicle fits you as the driver. We offered this program last October and received excellent feedback from those who participated. If you missed your chance then, please make a reservation today for your CarFit Safety Check. Also, if you are interested in training to be a volunteer technician for the event, please let us know. Another way to be more safe is through our **AARP Driver Safety Courses** which are

offered at the center on the **3rd Tuesday of each month from 9:00AM to 1:00PM**. The AARP Driver Safety Course gives tips for being safe and avoiding situations where accidents can more easily occur. Students who have completed this course can usually receive a discount on their auto insurance after taking the course. The cost is **\$15 if you are an AARP member and \$20 otherwise**. Register at the front desk to save your spot today!

## Recycle Yourself

Making plans for the future after you are gone involves a lot of details. Who will take care of dispersing your financial gifts? Your house? What will happen with all of your stuff? With YOU? What type of burial and funeral will you have? Because of increased interest toward being eco-friendly and the fact that land space is decreasing, many people are looking for options other than a traditional embalming and burial in a cemetery. It's

estimated that 3% of land space is now taken by cemeteries. Cremation is one option, but there are many other options also available, such as natural burial. It's good to know all of what is available before you decide for yourself. Join us **Wednesday, May 22nd at 10:00AM** to learn about new and even old practices. Vickie Kelley, Founder of the Natural State Burial Association will present **Recycle Yourself**. Register for this class at the front desk.

## Garden Classes



### Common Gardening Mistakes

Tuesday,  
May 21st  
11:00AM

**Board Room**

### Gardening with Annuals

Wednesday,  
June 5th  
10:00AM

**Game Room A**



## CITY OF ROGERS

### ADULT WELLNESS CENTER

2001 W. Persimmon St

Rogers, AR 72756

Phone: 479-631-3333

Fax: 479-986-6803

[www.rogersar.gov](http://www.rogersar.gov)

Open Monday-Friday 7:00 am - 7:00 pm

Open Saturday 8:00 am - 12:00 Noon

**Active Aging to Enhance Quality of Life!**

**AWC Closed -Memorial Day**  
**Monday, May 27th**  
**Activity pool closed**  
**for repairs May 25th-31st**

PSRT STANDARD  
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FAYETTEVILLE, AR  
PERMIT NO. 1

Help us cut down on paper waste. Please  
keep the included calendars to refer to  
throughout May and June.



### **Annual AWC Member Appreciation Picnic**

**Thursday, June 6th**

**12:00 Noon**

**AWC Garden**

**Join us for FREE  
Hot Dogs & Fixins,  
beans, chips, pasta salad,  
watermelon & refreshments**

**Sponsored by:  
The AWC and**



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**PRIMROSE**  
RETIREMENT COMMUNITIES

## MAGNOLIA PLACE

ALZHEIMER'S SPECIAL CARE CENTER



**Thank you 2019 Wellness Fair Sponsors!**